# KDC HEALTH

MARCH 13-17

KDC Health

**KDC Health—Quinsam Wellness Centre**

**200-2005 Eagle Dr, Campbell River, BC V9H1P9**

**Office Hours:**

**Mon-Fri**

**8:30 am—4:30 pm**

**Closed for lunch:**

**12:00—1:00 pm**

**Tel: 250.286.8064**

**Fax: 250.286.8071**

**Email: reception-quin@kdchealth.com**

# Community Lunch & Learn

Join us on the last Tuesday of every month for a community lunch and learn on different health topics each month

Dates:

~~JANUARY 31~~
~~FEBRUARY 28~~
MARCH 28

Time 12-1 pm

Quinsam Centre

LUNCH & LIGHT SNACKS WILL BE PROVIDED.

NEED MORE INFORMATION ??

Contact Shelby Ordano
250-286-8064

shelby.ordano@kdchealth.com

# Quinsam Site Staff

| | | | |
|---|---|---|---|
| Mariha Smith | 250-286-8064 | receptionquin@kdchealth.com | **Mon—Fri** |
| **Site Administrative Coordinator** | | | |
| Lane Litke | 250-286-8064 | Lane.likte@kdchealth.com | **Mon, Tues, Thurs, Fri** |
| **Clinical Counsellor** | Cell: 250-203-7265 | | |
| Tracy Hnidy | 250-286-8064 | Tracy.hnidy@kdchealth.com | **Mon—Thurs** |
| **Clinical Counsellor** | Cell: 250-830-7124 | | |
| Alisia Henkel | 250-286-0864 | Alisia.henkel@kdchealth.com | **On leave** |
| **RN, BScN, CHN/H&CCN** | | | |
| Kaylee Assu | 250-286-8064 | Kaylee.assu@kdchealth.com | **By Appointment** |
| **RN, BScN, CHN** | Cell: 250-830-7631 | | |
| Brooke Doyle | 250-286-8064 | Brooke.Doyle@kdchealth.com | **Mon-Fri** |
| **LPN** | | | |
| Brandi Varga | 250-286-8064 | Brandi.varga@kdchealth.com | **Mon—Fri** |
| **Youth Outreach Coordinator** | Cell: 250-203-9471 | | |
| Shelby Ordano | 250-286-8064 | Shelby.ordano@kdchealth.com | **Mon-Fri** |
| **Community Health Representative** | | | |
| Linda Lavender | Cell: 250-202-4484 | Linda.lavender@kdchealth.com | **By appointment** |
| **Arthritis Wellness Worker** | | | |
| Ken Bell | 250-202-7608 | Ken.bell@kdchealth.com | **Thursdays** |
| **Community Wellness Worker** | | | |
| Jocelyn Whyte | 250-286-8064 | Jocelyn.whyte@kdchealth.com | **Mon-Fri** |
| **Precious Beginnings Mentor** | | | |

# Cape Mudge Site Staff

| | | | |
|---|---|---|---|
| Courtney Chickite | 250-850-0351 | receptioncm@kdchealth.com | **Tues-Thurs** |
| **Site Admin** | | | |
| Lane Litke | 250-850-0351 | Lane.Litke@kdchealth.com | **Wed** |
| **Clinical Counsellor** | | | |
| Ken Bell | 250-202-7608 | Ken.bell@kdchealth.com | **Tuesday** |
| **Community Wellness Worker** | | | |
| Margot Assu | 250-850-0361 | Margot.Assu@kdchealth.com | **Mon-Fri** |
| **Temp CHR** | | | |

# Nursing Schedule

Please note this schedule may change.

<u>You can contact the nurses at:</u>

Campbell River: *250-286-9766*

*Quinsam: 250-286-8064*

Emails:

*Allison.graham@kdchealth.com*

*Brooke.doyle@kdchealth.com*

*Jacey.dick@kdchealth.com*

*Kaylee.assu@kdchealth.com*

| | Brooke | Kaylee |
|---|---|---|
| Monday | Q | X |
| Tuesday | Q | X |
| Wednesday | Q | Q |
| Thursday | Q | Q |
| Friday | Q | Q |

# Mental Health & Addictions Team

| | |
|---|---|
| **Brandi Varga**<br>Youth Outreach Coordinator | **Tel. No.:** 250-286-8064<br>**Cell:** 250-203-9417<br>**Email:** Brandi.varga@kdchealth.com |
| **Ken Bell**<br>Community Wellness Worker | **Tel. No.:** 250-286-8064<br>**Cell:** 250-202-7608<br>**Email:** Ken.bell@kdchealth.com |
| **Lane Litke**<br>Clinical Counsellor | **Tel. No.:** 250-286-8064<br>**Cell:** 250-203-7265<br>**Email:** Lane.litke@kdchealth.com |
| **Leanne McIntee**<br>Mobile Outreach Coordinator | **Tel. No.:** 250-286-8064<br>**Cell:** 250-203-9713<br>**Email:** Leanne.mcintee@kdchealth.com |
| **Tracy Hnidy**<br>Clinical Counsellor | **Tel. No.:** 250-286-8064<br>**Cell:** 250-830-7124<br>**Email:** Tracy.hnidy@kdchealth.com |

# IRUN/WALK Group

Starting:

January 31-March 28

Tuesdays

10:00 am -11:30 am

Meet at the KDC Health Cape Office

***Dress for the Weather***

Margot Assu, KDC Health CHR Cape

250-850-0351

KDC HEALTH

# Cape Mudge Youth Group

Every Wednesday 2:45-4

*Starting back up January 11th

Margot Assu

KDC HEALTH Community Health Rep. Cape Mudge

250-850-0351

Wednesday's 10:30- 11am
Quinsam Centre

# CHAIR EXERCISE CLASS WITH TARRYN

Tarryn Callaghan,
KDC's Community Kinesiologist will be leading the a half an hour exercise class on Wednesday's from 10:30am- 11.
This is a great low-impact work out.

QUINSAM CENTRE GYM
OPEN TO AGES 19 AND UP
WEDNESDAY'S (10:30 A.M- 11:00AM)

*Sign up with Shelby*
*250-286-8064 or shelby.ordano@kdchealth.com*
*Drop ins are welcome*

# Medical Clinic Schedule MARCH

| Mon | Tue | Wed | Thu | Fri |
|---|---|---|---|---|
| | | 1<br>ORTHOTICS DAY!!<br>Campbell River 9-4 | 2<br>EARS TO YOU<br>Quinsam 10-3 | 3<br>DR. CONRAD<br>Campbell River 930-1230 |
| 6<br>EARS TO YOU<br>Campbell River 10-3 | 7 | 8 | 9 | 10<br>DR. AHMED<br>Campbell River 930-1230 |
| 13 | 14<br>DR. AHMED<br>Cape Mudge 1-4 | 15 | 16 | 17<br>DR. CONRAD<br>Campbell River 930-1230 |
| 20 | 21<br>DR. AHMED<br>Cape Mudge 1-4 | 22 | 23 | 24<br>DR. AHMED<br>Campbell River 930-1230 |
| 27 | 28 | 29 | 30 | 31<br>DR. CONRAD<br>Campbell River 930-1230 |

Call Victori @ 250-286-9766 to book your appointment with a doctor

## COHI—Children's Oral Health

- Initiative for ages 0-7 years
- Please contact Margot Assu to book an appointment for Monday March 22, 10 am—1:45 pm
- 6 spots available
- Prescreening assessment forms prior to appointment time will be collected
- Appointments include: Fluoride Varnishing

Margot Assu

KDC HEALTH Community Health Rep. Cape Mudge

250-850-0351

THE FIRST NATIONS HEALTH AUTHORITY (FNHA) &
THE KWAKIUTL DISTRICT COUNCIL (KDC) HEALTH
IN COLLABORATION WITH
THUNDERBIRD PARTNERSHIP FOUNDATION
PRESENTS

AN IN-PERSON

# COMMUNITY CRISIS RESPONSE TRAINING

**LOCATION:** TSA KWA LUTEN LODGE,
1 LIGHTHOUSE RD, QUATHIASKI COVE, BC
**WHEN:** APRIL 11 - 13, 2023
**TIME:** 9:00 AM - 4:30 PM PST

This 3-day training course is based on the Community Crisis Planning, Prevention, Response Service Delivery Model (CCP-SDM).The training respects the unique characteristics and priorities of each community and recognizes that First Nations communities may have their own definition of crisis and capacity to plan, prevent, respond to, or recover from incidents or events.

Please note that this training opportunity has a limited number of spots available, and that they will be filled on a first come, first served basis.

To register for this training, please visit https://www.eventbrite.ca/e/community-crisis-response-tickets-513378387577 and complete the registration form.

Alternatively, you can scan the QR Code on this poster. Registration will open on February 28, 2023 and close on March 14, 2023. All successful participants will be notified via email. If you have any questions, please contact intake@kdchealth.com.

**Full attendance in the 3 days of training is required for certification.*
**Meals, accommodation and travel are provided.*

thunderbirdpf.org
fnha.ca
kdchealth.com

Cape Mudge KDC Health Community Health Rep:

Margot Assu 250-850-0351

# TEA and Tools 2023

1:30-2:30

March 28th

# Adult Wellbeing Retreats

**at Tsa Kwa Luten Lodge**

*Coordinated by Kwakwaka'wakw Family Healing Program through KDC Health*

**Second Round Sessions – February and March 2023**

## GRIEF & LOSS

- **February 26-March 3, 2023** facilitated by Angie Brinoni
- **March 10-12, 2023 (Weekend session)** facilitated by Tammie Myles

## ABANDONMENT & SHAME:

Focus on strengthening the core strengths of connection, self-awareness and respect

- **March 24-April 1, 2023** facilitated by K'wala'sta Healing Centre

**Each session will be accompanied with Elder Support, Mental Health Support, Cultural Support & Teachings.**

Accommodations, and meals will be provided at Tsa Kwa Luten Lodge on Quadra Island. Travel costs pending FNHA policy. Seating is limited.

Enquiries about applications are directed to
**contact Intake at (250)287-0215 or at intake@kdchealth.com**
communication is during business hours only 8:30am-4:30 pm
Monday to Friday

KDC Health

First Nations Health Authority
Health through wellness

# Healthy Babies, Happy Parents

## Infant Support Group

Everyone Welcome!

This is a program offered to anyone who is caring for infant 3 years old or younger living on or off reserve.

The goal of the program is to provide support, kindness and education for caregivers on variety of different health topics that surrounding infant care.

We meet Bi– Weekly on Wednesdays.

What do we offer at our group meetings?

- Group activities and events
- Walking sessions
- Guest speakers
- Community Health Nurse who's available at group meeting to answering any questions
- Safe space for caregivers and infant to build friendships with others

Interested in joining?

Contact Shelby Ordano

Email - Shelby.ordano@kdchealth.com or 250-286-8064

**Do you want to know the schedule for this Month? Check out our**

**Facebook Page ! "Healthy Babies Happy Moms"**

**( Not just for Moms, The group welcomes men and caretakers who are caring for an infant)**

**https://www.facebook.comgroups/1032185100896237**

**Not on Facebook?? No worries!**

**Contact Shelby to receive a copy of the monthly schedule.**

Kwakiutl District Council Health
1400 A DRAKE ROAD
CAMPBELL RIVER, B.C. V9W 7K6
Phone (250) 286-9766
Fax (250) 286-9713

## Employment Opportunity

# MOBILE OUTREACH COORDINATOR
**(Term Contract – 5 days a week)**

***As a contract employee of the Kwakiutl District Council (KDC) you will be a key member of the health team, providing direct support to KDC member nation citizens.***

This position will have a significant role with the Mobile Outreach Program. The goal for the *Mobile Outreach program* is to respectfully reach out in a caring way to Aboriginal and Non-Aboriginal individuals on the streets of Campbell River who is the most vulnerable and not able to access stationary services. This position requires expertise in: 1) Coordinating and collaborating with team members, community members, agencies and volunteers for outreach mobile services 2) source funding 3) work as a liaison between the society, KDC Health and community partners 4) team leadership 5) program management including staff scheduling.

*The Mobile Outreach Coordinator level is fully job competent and accepts responsibility and accountability for all aspects of the position at KDC Health requiring a degree (or equivalent) and two (2) years' experience in coordinating projects, managing teams, and administering programs. It performs administrative tasks of a complex nature mostly at a normal pace according to well-defined policy and procedure. Knowledge of, and ability to execute, emergency procedures and handle difficult clients with little supervision is required as well as advanced knowledge of anti-oppressive and trauma informed practices, cultural traditions and community.*

In circumstances where there is an equal combination of qualifications and experience, preference will be given to people of Aboriginal heritage.

**Dayle Wilson, Assistant to Health Director**
**1400A Drake Road,**
**Campbell River, BC, V9W 7K6**
**administration@kdchealth.com**

**To receive a comprehensive job description, please email:** administration@kdchealth.com

This posting will remain open until filled
Thank you in advance, but only those applicants selected for an interview will be contacted

Kwakiutl District Council Health
1400A Drake Road
Campbell River, BC
V9W 7K6
Phone: 250-286-9766
Fax: 250-286-9713

# Casual RV Driver Wanted

The Mobile Outreach Unit for Health & Supportive Services (MOUHSS) team is looking for a reliable person to drive the 30ft RV, 15-20 hours a week. Location will be around Campbell River with the potential of going up to Sayward.

Duties will include but are not limited to:

- Emptying the septic tank when needed,
- Fueling The vehicle,
- Keeping the RV tidy,
- Making coffee

Required:

- Criminal Record Check
- Drivers Abstract

No special license required but experience driving an over-sized vehicle is recommended and appreciated.

Please contact Leanne McIntee for more information @ (250)-203-9713 or leanne.mcintee@kdchealth.com